

## DETAILED INSTRUCTIONS FOR NOVICES

V1.2023 12-8-23

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If you are new to triathlon, we have written these instructions to try and assist you in preparing for the race. They are written in order of recommended action.

Once you have registered, find a spot outside and take out the registration pack;

- The Bike number needs to be stuck onto the bike – ideally around the saddle post
- The helmet label should go on the front of the helmet

Then take out the bracelet

- This is for the competitor and the colour is specific to their category. The race number for the competitor should be written on the bracelet. Please put the bracelet securely around the competitors wrist (either side).

Then take out the timing chip. It is very important not to lose this!

- The timing chip should be attached around the LEFT ankle (away from the chain) of the young athlete. Please try and ensure that it is **firmly Velcroed on** and that any extra strap ends are folded away.

Finally take out the big number.

- If you are using a race belt, you need to attach this number to the belt so you can move it from your back (on the bike) to the front (on the run) easily.
- If you don't have a race belt you need to pin the number on **the front** of your t-shirt, pinning all four corners with safety pins (a plentiful supply will be available at Registration).

Body number marking – this is not required as the race number will be on the bracelet. However, there will be permanent marker pens available should you wish to add your young athlete's race number to their wrists.

Take your bike to transition – you'll need both the number stickers (bike & helmet) and your race number on, plus your helmet on **and done up**.

When entering transition, we will;

- check that your bike and your helmet is safe; and
- Check that the ankle timing chip is safely attached to your left ankle. **It's vitally important that this ankle chip is returned at the end of the race.** We will have marshals at the finish to help remove them.

In Transition find your bike spot and lay down or rack you bike.

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Stop for a moment and look to see where you will **RUN IN** from the swim and try and visualise where your bike will be. Look also at where you will cycle out, signed as **BIKE OUT**

Walk the course (if time available) to familiarise yourself with where you will exit the pool, enter and exit the transition area, which direction to run and to cycle and where to get on and off your bike. Oh, and don't forget to check where the finish is!

Be ready for the race briefing that will be held in the prize giving podium area.

For the swim you will need;

- To wear your swimsuit or trisuit
- Your race belt or t-shirt with your number on
- Your pair of trainers
- A towel (optional)
- Socks (optional)
- Shorts (optional)
- Flip flops (optional) to wear as you walk from the briefing to poolside

Please note that your young athlete will need to carry anything that they take to the pool, back to the transition area after the swim. Please don't leave anything poolside once your swim is over.

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Please print and cut out the table below to use to help you remember the number of laps that your children should do;

Number of laps per category					
CATEGORY	AGES	BRACELET COLOUR	SWIM LENGTHS	BIKE LAPS	RUN LAPS
Novice 1	8-10yrs	Red	1	1	1
Novice 2	11-14yrs	Yellow	2	2	2
Tristart	8yrs	Purple	2	1	1
Tristars 1	9-10yrs	Blue	6	3	2
Tristars 2	11-12yrs	Green	8	3*	3
Tristars 3	13-14yrs	White	12	4*	4
Youth	15-16yrs	Orange	16	4*	4

\* = longer (1,500m) bike course

## EVENT CHECKLIST FOR NOVICES

Please print this and take to the event to help you get through the nervous time before you race 😊

1. Arrive
2. Get bike off/out of car and check all working and tyres pumped
3. Move round to spectator area
4. Leave bike with friend or family and go to Registration
5. Get Registered and pick up registration pack
6. Move outside and find a spot to settle
7. Apply the stickers to bike and helmet
8. Add the race number to t-shirt or race belt
9. Put on the race bracelet
10. Attach your timing chip to your left ankle securely
11. Take bike to transition
12. Get bike checked
13. Get helmet checked
14. Get ankle timing chip checked
15. Rack or place bike down by your numbered peg (Novice 1, 2 and Tristars 1) or on the racking (Tristars 2 and above only)
16. Check position of bike in relation to SWIM/BIKE IN and BIKE/RUN OUT entrances
17. Walk course
18. Get changed & warm up
19. Listen to the announcements and be ready for when you are called to the Race Briefing
20. Go with Race Official escort to the pool
21. Set out kit in designated area
22. Line up in required order
23. Enter pool and wait until told to start
24. RACE!

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### NUMBER STICKER POSITIONS



### HELMET POSITIONING SAFETY

